



reconnect with yourself be transformed

Challenge yourself mentally and spiritually, find your inner peace and be provided with the tools for your continual journey of growth.

Our Offerings for 2023 include:

- All Round Day Retreat ●
- Inside Out Weekender ●
- One on one individual healing program ●

inside retreats

Retreats designed with you in mind, we combine the latest neuroscience with spiritual tradition in these beautiful retreats to better understand yourself, heal destructive patterns, and develop compassion from the inside out.

Allowing everyday people to enrich their lives and relate to their inner selves. Providing everyday people with an extraordinary experience and journey that will allow you to heal and grow, in line with your innate inner wisdom.

www.insideretreats.com.au



inside retreats

GET IN TOUCH
WITH US



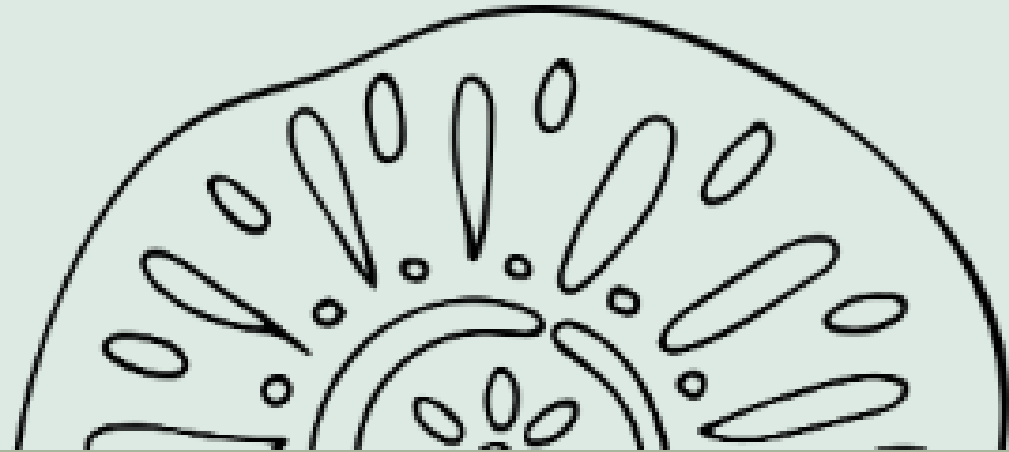
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Brisbane, Queensland, Australia



GO INSIDE
HEAL
TRANSFORM

I am on a journey to create transformative healing experiences for every person desiring a change in themselves or in their lives.

Backed by neuroscience and designed with care.

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Belinda Barnes, founder, is on a mission: After 16 years in psychology working within the practical evidence based neuroscience domain and more recently commencing my Yoga Instructor training, I have grown to believe that these skills I have attained, together, can holistically transform and heal.

Join us on Instagram or sign up to our newsletter:

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